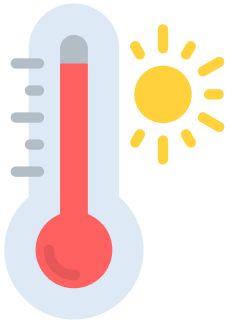
Preparing for Heatwaves

Know

Monitor the weather and make sure you know the minimum and maximum temperatures for the day

Know where cool local spaces are, such as libraries and shopping centres



Know the signs of heat stroke:

- red, hot and dry skin
- rapid, strong pulse
- rapid, noisy breathing
- body temperature above 40°C
- typically, a lack of sweat
- irrational or aggressive behaviour
- loss of consciousness and collapse

Organise

To understand how to manage in high heat any existing medical conditions you may have, consult with your doctor.

Prepare your home to keep it cool:

- store cold packs in the freezer
- fill spray bottles with cool water to use on your face and body
- assess the condition of your fridges, freezers, fans, and air conditioners
- avoid shopping on hot days; stock up on food and water, or shop early or late in the day
- create cool rooms and cross breezes in your home
- use curtains and blinds to protect your windows from the sun

Pack an emergency kit in case of power outages:

- this could include a torch, batteries, a portable phone charger, candles, matches, a battery operated radio, and a first aid kit

Download the Red Cross Get Prepared App
redcross.org.au/emergencies/prepare/get-prepared-app/

Connect

Know who you can call for help

Keep a list of important emergency contact information (e.g. triple zero (000), Lifeline)

Know who to check on, such as friends, relatives, neighbours, and anyone you might know who lives alone

Act

Prepare today to protect yourself from increasingly frequent heatwaves

Familiarise yourself with Government and Red Cross advice on heat preparedness

If you or anyone you know shows signs of heat stroke, including fits, confusion, and staggering, **call 000 immediately**

Stay cool.
Stay hydrated.
Look out for others.


Drink water regularly


Wear light clothing


Stay in the shade


Use fans or air conditioning


Check in on others